

12 December 2023

GEC supporting Movember

Moustaches and men's health, by Keith Hannant, GEC member.

During the last meeting of the PCS Home Office group executive committee (GEC), I suggested that the men in the group take part in Movember to raise awareness of this charity, knowing we would have the full support of our fellow women reps.

Being used to being hirsute and having taken part in Movember before, I knew this would not be an issue for me, but I thought it would be interesting to see how other group members rose to the challenge.

This year marked the 20th anniversary of Movember, having been formed in 2003 in Australia. It quickly spread nationwide and then worldwide as more and more men took part.

The initial aim of Movember was to raise awareness of issues affecting men's health which, at that time, often slid under the radar. These included prostate cancer, testicular cancer, depression and suicide. Whilst many of these issues will be familiar to PCS members, I particularly thought it was important for the GEC to support this charity due to the work it does with mental health.

In these times, many of our members suffer work-related stress, PTSD and have sadly either attempted or completed suicide. This is in part due to the nature of the work that Home Office workers are exposed to, shift-working and the increasing cost of living. I have struggled with my own mental health for several years, so it is a subject close to my heart.

I am proud of the efforts of my fellow GEC members. Special mention must go to Jordan who has encouraged us throughout, and who (if he trimmed his moustache just right) would resemble a young Charlie Chaplin and to Pete whose herculean fundraising has meant our team total has reached a whopping £1330.

Thank you to everyone who donated to our campaign.